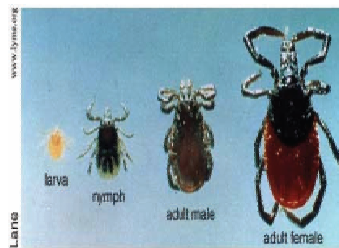


**VIRGINIA BEACH HEALTH DISTRICT
PEMBROKE CORPORATE CENTER
4452 CORPORATION LANE
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BASICS OF LYME DISEASE

Infectious Agent:

- The bacterium *Borrelia burgdorferi* is transmitted to humans by the bite of infected blacklegged ticks.



The black legged or deer tick

Typical symptoms include:

- Fever, headache, fatigue, and a characteristic skin rash (called “erythema migrans”), often described as a “Bull’s-eye rash” that begins with a small reddened spot or bump on the skin, that slowly expands in a circular manner, often with clearing in the center. If left untreated, infection can spread to joints, the heart, and the nervous system.

Diagnosis:

- Based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful in the later stages of disease.

Treatment:

- Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics

Prevention:

- Include using insect repellent, removing ticks promptly, landscaping, and integrated pest management. The use of protective clothing such as long pants, long sleeves helps keep ticks off your skin. Light colored clothing will aid in spotting ticks more easily.

The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases including babesiosis and anaplasmosis.

There have been 7 cases of Lyme disease reported in Virginia Beach since 2003. To put that into perspective, during that same time period there were 1547 cases of Lyme disease in the entire Commonwealth of Virginia.

FOR MORE INFORMATION CHECK THE WEB SITES BELOW

- <http://www.cdc.gov/ncidod/dvbid/lyme/>
- <http://www.vdh.virginia.gov/epidemiology/DEE/Vectorborne/>
- <http://www.cdc.gov/healthypets/diseases/lyme.htm>
- <http://www.vdh.virginia.gov/Epidemiology/factsheets/Lyme.htm>